

## Chicken Sandwich (COLD)10

Number of Servings: 10 (222.97 g per serving)

Amount	Measure	Ingredient
20.00	oz	Chicken, broiler/fryer, breast, w/skin, stwd
7.00	Tbs	Dressing, Miracle Whip
20.00	ea	Lettuce, green leaf, fresh, inner leaf
40.00	pce	Tomatoes, red, fresh, year round avg, mex
5.00	oz	Cheese Product, Swiss, past, proc, slice
20.00	slc	Bread, whole grain, slice

### Nutrients per serving

## Nutrition Facts

Serving Size (223g)  
Servings Per Container

Amount Per Serving

**Calories 330**    **Calories from Fat 110**

% Daily Value\*

**Total Fat 12g**    **18%**

**Saturated Fat 4g**    **20%**

**Trans Fat 0g**

**Cholesterol 60mg**    **20%**

**Sodium 540mg**    **23%**

**Total Carbohydrate 29g**    **10%**

**Dietary Fiber 5g**    **20%**

**Sugars 8g**

**Protein 26g**

**Vitamin A 30%**    • **Vitamin C 20%**

**Calcium 25%**    • **Iron 10%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

### Instructions

Spread 1 tsp Miracle Whip on each slice of bread. Place 2 oz chicken (approx 1/2 cup cubed or sliced) on one slice of bread, top with 4 tomato slices and 2 lettuce leaves and 2nd slice of bread with Miracle Whip.

1 sandwich = 1 serving = 2 CS

#### Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.
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#### Holding :

- Hold for cold service at an internal temperature of 41 F or lower.